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?The Ugly Sweater Run? to raise funds for Family Transition Place

Written By MARNI WALSH

Jeff and Hannah Sine, owners of Towne Fitness will host ?The Ugly Sweater Run' on Dec. 10, starting at 6 p.m.

?The Ugly Sweater Run has been a Towne Fitness runners' fun event for the past four years,? says Hannah Sine. ?Originally, it started as a small group of runners taking in the lights as part of our Monday Night Running Group. Each year it has evolved into a larger group with prizes for Ugliest Sweaters.?

?Last year we added a ?fun stop' at Shelburne Family Chiropractic,? says Hannah Sine. ?It was such a fun evening, with at least 25 runners, so we decided to make it a community event.?

There will be two mapped routes available with a 3 km and 5 km run.

?We have added six Christmas themed sponsored stops,? say Jeff and Hannah Sine. Themed stops include Crewson Insurance with ?Cider and Selfies,? Shelburne Family Chiropractic with ?Ho Ho Holiday? drinks, Drew Mechanical with ?A Candy Cane Christmas,? Bryan Graham Real Estate with ?Sugarland,? Tammy and Kevin Conley with ?Christmas Lights,? and the Shelburne Fire Department for ?Glow in the Dark.?

The owners of Towne Fitness since 2012 say they ?chose Family Transition Place (FTP) as our fundraising recipient because they have supported many women and children in crisis in Dufferin County including members of Towne Fitness,? says Ms. Sine. ?We are asking for a donation of $20 as an entry fee? to support the cause.

Family Transition Place in Orangeville has been providing critical services to women and their children who have experienced abuse and unhealthy relationships since 1984. According to FTP, ?inside their doors, women find a warm and welcoming place where their safety and well-being is the most important thing in the world. Whether they need a safe place to live, or the services of a professional, skilled counsellor to assist them on their journey, FTP is there to help.?

?We have had a lot of interest and are excited to bring this event to the community,? says Hannah Sine. Open 24 hours a day, Towne Fitness, located at 219 First Avenue East, ?aspires to meet the needs and goals of the people of Shelburne and surrounding area.? Call (519) 925-0004 for more information.